



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034
NON ACADEMIC ACTIVITIES

Class – VI

SUBJECT: MEAL PLANNING (Thursday, Friday- 06:00 p.m. to 06:30 p.m.)

TOPIC:- Bread Dahi Vada (Thursday – 6:00 p.m. to 6:30 p.m.)

A quick recipe for a yummy meal accompaniment or a savoury snack

Material required:-

- Bread.....4slices
- Chopped salad vegetables
- (Cucumber/tomato/onion/carrot).....1/2 cup
- Curd.....1cup
- Castor sugar.....2tsp
- Salt.....1tsp
- Roasted cumin seed powder.1/2tsp
- Red chilli/ pepper powder.....1/4tsp
- Coriander chutney.....to taste
- Tamarind chutney.....to taste
- Garnishes like chopped coriander leaves/pomegranate seeds

STEP 1:- Cut the bread slices into circles using a katori or a cookie cutter (you may use these leftover edges for making bread crumbs)

STEP 2:- Prepare the chopped salad vegetable filling by adding salt and pepper according to your taste.

STEP 3:- Prepare curd by sieving and adding castor sugar, salt, red chilli powder and roasted cumin seeds powder.

STEP 4:- Take two bread slice circles and place a portion of the prepared filling between them and press lightly using wet hands. Your vada is ready. Place it in a platter.

STEP 5:- Pour a generous amount of prepared curd over the vada and garnish using chutneys, chopped coriander leaves, pomegranate seeds etc.

Serve it as an accompaniment to your meal or as a savoury snack.

TOPIC:- Cookie Sandwich(Friday – 6:00 pm to 6:30 pm)

A light snack that can be quickly prepared using leftover vegetables

Material required:

- Plain or salted cookies.....1packet
- Leftover dry vegetable or
- Mashed boiled potato.....1/2 cup
- Ketchup or seasonal chutney....2-3 Tsp
- Namkeen mixture/ bhujija /sev...2-3 Tsp

STEP 1:- Prepare the filling by mashing the leftover vegetables lightly or you may use mashed boiled potato spiced with salt and pepper. Some freshly chopped coriander can be added for flavour.

STEP 2:- Put a portion of the prepared filling between two cookies. Our cookie sandwich is almost ready.

STEP 3:- Smear a thin layer of ketchup or chutney along the circular edge of our sandwich. You may use mayonnaise or any other sauce of your choice or as per availability.

STEP 4 :- Roll the cookie sandwich in namkeen mixture/bhujija/ sev taken in a plate.

Serve it as a snack to your elders as they enjoy their cup of tea . You can relish it with your milkshake or any other beverage of your choice.